QUARTERLY ISSUES/PROGRAM REPORT

Jan 1, 2010 - March 31, 2010

WRC-TV attempts to serve the public interest, convenience and necessity by presenting broadcast material that treats significant issues of the people in the communities served by WRC-TV station. WRC recognizes that it has an ongoing obligation to remain aware of such community issues and to exercise its best judgment as to what broadcast matter should be programmed to treat those needs and interests.

The following is a brief description of such community issues and some of the programs we believe have provided the most significant treatment of such issues during the period Jan 1, 2010 – March 31, 2010, including the title of such program, its time, type, source, date and duration of broadcast.

NEWS FOUR AT FIVE AND ELEVEN A.M., FOUR, FIVE, SIX AND ELEVEN P.M. TYPE: News Series SOURCE: Local TIME: 5:00-7:00AM, 11:00-12:00 PM, 4:00-5:00PM, 5:00-6:00PM, 6:00-7:00PM, 11:00-11:35PM, Monday – Friday; 6:00-6:30PM, Saturday and Sunday. NEWS 4 TODAY. TYPE: News SOURCE: Local TIMES: Weekdays, 5:00-7:00AM, Saturdays, 6:00-7:00AM, 9:00-10:00AM, Sundays, 6:00AM-8:00AM, and 9:00AM-10: 30AM. DURATION: See Times. WRC-TV reporters probe special issues of concern to area residents. Stories generally appear more than once in the daily newscasts, as they are recapped throughout the day. WRC-TV initiated, in December 1992, active closed captioning of its news broadcasts. Currently, all regularly scheduled news programs thirty minutes or longer are closed-captioned. Also, special news events sometimes are closed captioned, depending on the availability of the transcription service. The word for word transcription service includes chitchat between stories at two hundred plus words per minute, with less than a three-second delay. This effort addresses the needs of more than 300,000 deaf and hard of hearing people in the Washington area.

THE MCLAUGHLIN GROUP. TYPE: Public Affairs SOURCE: Syndicated (Originates from WRC-TV studios) TIME: Saturdays, 7:30-8:00PM, Repeated Sundays, 11:30AM. DURATION: thirty Minutes. This public affairs panel anchored by John McLaughlin, features discussion and analysis of current national and world events by five candid and respected Washington commentators.

ONE ON ONE. TYPE: Public Affairs SOURCE: Syndicated (Originates from WRC-TV) TIME: Sundays, 12:00 DURATION: Thirty Minutes. Host John McLaughlin interviews a prominent political or world leader each week on selected newsworthy issues.

REPORTERS NOTEBOOK. TYPE: Public Affairs SOURCE: Local TIME: Sundays, 6:15-6:30AM. DURATION: Fifteen Minutes. This reporter roundtable, which premiered on October 4, 1992, features discussion of public affairs issues by leading area journalists. The program is part of News 4 Today and usually is hosted by WRC-TV

reporter Tom Sherwood. Journalist Milagros Ardin, WMAL-AM; Dave McConnell, WTOP-AM; and Jerry Phillips, WBIG-FM/WTEM-AM, join him.

VIEWPOINT. TYPE: Public Affairs SOURCE: Local TIME: Sundays, 7:00-7:30AM. DURATION: Thirty Minutes. WRC-TV's Joe Krebs hosts this weekly exploration of issues and people impacting the community. The program is part of the two hour News 4 Today news block on Sundays from 6:00-8:00AM. It premiered on November 15, 1992

Family/Miscellaneous

Many children in the Washington effort suffer from being denied the opportunity to grow up in a stable home with parents who can care for them emotionally and financially. WRC-TV helps these children directly through its Wednesday's Child project, described below. The station also broadcasts other news stories on the issue of adoption, some of which are described below.

NEWS FOUR AT FIVE PM. – WEDNESDAY'S CHILD. WRC-TV's Barbara Harrison, on selected Wednesdays, features a child or children who need a home, or celebrates a happy ending to an adoption story. In September, Barbara Harrison, with the Council of Governments, launched a program through which viewers may dial a phone number and find out more about adopting a child through any jurisdiction in our viewing area. Some of the stories are repeated on News 4 Sundays at nine AM. Some of the dates in which Wednesday's Child ran were:

KIDS/FAMILY

NBC4 JAN 6 5PM There are probably few things more sad than the sight of a parent and child on the street... shivering in the cold. That is why NBC-4 is sponsoring the Share the Warmth Drive again this year.

NBC4 JAN 6 5PM This week's Wednesday's Child is a teen with a great sense of adventure. We first brought you her story a year ago; sadly, she is still waiting for the right loving home.

NBC4 JAN 7 5PM An incredible story of survival. A pit-bull, not even a year old. finds his way home after getting lost in the middle of the Blizzard of 2009. He is now badly hurt and in need of a new home

NBC4 JAN 8 5PM One student-athlete near St. Louis isn't letting his disabilities stop him from doing some amazing things on the basketball court.

NBC4 JAN 8 5PM There's been overwhelming response to a story we reported yesterday... about Bubba... the injured puppy. Bubba is having surgery at this hour to repair 2 broken legs.

NBC4 JAN 8 5PM The Elvis Exhibit started today at the MLK library in DC. The exhibit runs through Monday.

NBC4 JAN 8 5PM Today fans around the world honored Elvis Presley on what would have been his 75th birthday today.

NBC4 JAN 8 5PM Two women were badly burned after trying to put kerosene in their heater early this morning. Their home went up in flames in Laytonville Maryland.

NBC4 JAN 13 5PM Even in the best of times, the people of Haiti struggle in their daily lives. For example, 60% of the food has to be imported. Now, Haiti needs extraordinary help.

NBC4 JAN 13 5PM Social networking sites like twitter and facebook have been key in getting the news and pictures out about the quake in Haiti.. web sites have been overwhelmed with posts.

NBC4 JAN 13 5PM The founder of "Ripples of Hope-Haiti" based in Alexandria, has been frantically trying to calling a Port-Au-Prince school that his grassroots charity sponsors. So far...the phone lines have been jammed.

NBC4 JAN 13 5PM Many folks in our area trying desperately to get hold of friends and relatives in Haiti. They want to know that they're ok and survived the tragedy. But with phone lines down, communication is difficult. In the meantime, the Silver Spring group Humans United for Action is mobilizing aid.

NBC4 JAN 14 5PM it's a race against time, rescue workers, doctors, even military from all across the globe are in Haiti tonight trying to help survivors from that devastating earthquake.

NBC4 JAN 15 5PM It's been a year since doctors at Inova Fairfax saved Robeena Feker, who was almost two then. She is one of the many who friends have been unable to contact in Haiti.

NBC4 JAN 15 5PM African drums echoed through the great hall of the national cathedral for the 12th annual King In Our City. The event honors the life of Dr. Martin Luther King Jr.

NBC4 JAN 20 5PM Comedian Bill Cosby announced he's backing a new based effort to encourage volunteering. He joined the Stafford Foundation in creating Good: the People's project."

NBC4 JAN 21 5PM The Washington National Cathedral was filled with Family, Fans, colleagues who came from near and far to offer tribute to the life of George Michael

NBC4 JAN 21 5PM The family was in Haiti last week when the earthquake struck. Laroses's son and daughter were visiting their mother who lived in Haiti, when the house collapsed. They perished along with her

NBC4 JAN 22 5PM Date – Lab, the Post's most popular feature that sets up singles on a blind date, then publishes everything that happened so rest of us can see, tells us about this weeks couple, Todd and Lauren.

NBC4 JAN 25 5PM A Virginia Pastor and his wife are in Haiti tonight, anxiously waiting to return to the US with a new baby boy

NBC4 JAN 25 5PM There are new details tonight about what happened before, during, and after tiger woods crashed his SUV in his front yard in Florida

NBC4 JAN 26 5PM Kieron Williamson is being hailed as a painter of some promise, and he is only seven years old

NBC4 JAN 26 5PM 14year old Brandyn White and his dog ended up in icy waters of the neighborhood pond.

NBC4 JAN 28 5PM On this clear January day, early visitors to the zoo came to see Tai Shan, the panda who'll become a FedEx package next week when he is flown home to china on Thursday.

NBC4 JAN 29 5PM Date – Lab, the Post's most popular feature that sets up singles on a blind date, then publishes everything that happened so rest of us can be voyeurs, tells us about this weeks couple.

NBC4 JAN 29 5PM He's spent more than 30 years on D-C's airwaves, and today, Donnie Simpson signed off of W-P-G-C for the last time

NBC4 FEB 1 5PM When spotsy county resident Caressa Cameron was crowned Ms. American Saturday night, her next door neighbors shouted with joy.

NBC4 FEB 2 5PM The 82nd annual Academy Awards nominations included first time nominees who are now up for an Oscar.

NBC4 FEB 3 5PM Tonight, Barbara Harrison introduces us to a lovely 12year old who wants more than anything to have the love of a permanent family.

NBC4 FEB 3 5PM Everyone was trying to get the best angle, the last shot. One to remember as the nearly 5yr old panda spent his last minutes in the outdoor panda pen

NBC4 FEB 4 5PM At the national zoo, Tai Shan chewed bamboo calmly moments before leaving home

NBC4 FEB 8 5PM Baxter is an abandoned dog who had been rescued from a shelter in south Carolina. He was being sent to an adoption center in New Jersey when he escaped during a stop in northwest Washington on Friday.

NBC4 FEB 8 5PM Baxter, an abandoned dog who had rescued from a shelter in south Carolina then lost in snow, has been found

NBC4 FEB 15 5PM Imagine going into labor during the height of the blizzard last week! That's what happened to a nurse in Delaware

NBC4 FEB. 17 5PM The PGA Tour announced this afternoon that Tiger Woods will talk for the first time at the TPC Sawgrass Clubhouse Friday morning at 11am

NBC4 FEB. 17 5PM A lot of people consider their pets, family members. That makes scrappy, Gloria Chicas' youngest child. The poodle is now back home after being dognapped and held for ransom

NBC4 FEB. 17 5PM Tonight we meet three siblings who hope to stay together in a family with heart big enough for the whole bunch

NBC4 FEB. 17 5PM Its Ash Wednesday, the beginning of lent, and 40 days penance for catholic followers around the world

NBC4 FEB 17 5PM Scientist say they now know what killed king tut. Researchers say the 19-year-old pharaoh suffered from degenerative bone disease complicated by a severe case of malaria and that he was ultimately killed by a broken leg.

NBC4 FEB 19 5PM It wasn't just the sports world tuning in to hear from Tiger Woods. People all over our region gathered to hear the golfer's televised apology.

NBC4 FEB 19 5PM Date – Lab, the Post's most popular feature that sets up singles on a blind date, then publishes everything that happened so rest of us can be voyeurs, tells us about this weeks couple.

NBC4 FEB 24 5PM Tiger Woods is said to be back in treatment today for sexual addiction. On Friday he offered a public apology to his family and friends

NBC4 FEB 24 5PM Tonight on Wednesday's child, Barbara Harrison takes us to meet 6 year old Davion.

NBC4 FEB 26 5PM The tough economic times have created hardships for animal service agencies where more families are abandoning their pets and fewer people are adopting

NBC4 MAR 3 5PM Despite the U-S lost to Canada, Team USA had plenty to smile about in Vancouver. Here's a wrap up of the Team's performance.

NBC4 MAR 3 5PM 2 wonderful siblings, who Barbara Harrison introduced you to three years ago, are finally in a permanent loving home.

NBC4 MAR 3 5PM A local animal rescue group is hoping to find a permanent home for a very strong dog who was abandoned by his owners 3 months ago

NBC4 MAR 4 5PM Police arrested dozens of rowdy basketball fans near route one, after celebration over umd win in the UMD vs. duke basketball game, got out of hand

NBC4 MAR 5 5PM Grace Groner lived through the great depression, she lived so modestly that no one knew she was a millionaire till her death.

NBC4 MAR 8 5PM The Salvation Army was collection donations in Reston VA, when a volunteer picked up the shoes that were left out at a condo complex. The volunteer later learned that the shoes were not intended to be donated

NBC4 MAR 8 5PM Last night, at the Oscars the movie "The Hurt Locker" took home the most golden statues with 6 Academy Awards

NBC4 MAR 8 5PM A federal job fair at the Stafford campus of the university of Mary Washington had to be shut down after thousands of jobseekers flocked the event

NBC4 MAR 8 5PM At the Zoo, all eyes are on Mei Shong, she had her 2nd ultrasound exam since her artificial insemination in January

NBC4 MAR 9 5PM Tonight going green goes into the trash can to retrieve all the plastic bottles we keep throwing away

NBC4 MAR 9 5PM D-C Fire EMS is now conducting an investigation concerning a little girl who died after EMS responded to the 911 call but did not take the child to the hospital

NBC4 MAR 9 5PM Miles Daisher of Twin Falls, Idaho likes to leap out of planes in a seated position inside a kayak

NBC4 MAR 9 5PM At the Air Force Memorial a group paid tribute to a special group of pioneering women

NBC4 MAR 9 5PM First Lady Michelle Obama took center stage at the Smithsonian today, as she donated the gown she made famous at the inauguration.

NBC4 MAR 10 5PM It was one a.m Feb. 5th, when sandy awoke to a smoke filled bedroom. Despite rescuers being in the house, sandy didn't make it out.

NBC4 MAR 11 5PM World War two veterans from around the nation converged on the National Mall today to mark the premier of the network's new series called "The Pacific"

NBC4 MAR 11 5PM The search for Chelsea King in San Diego brought to light the use of cell phone tracking that helped police find her. Now phones services that track cell phone locations are growing in popularity among concerned parents

NBC4 MAR 12 5PM The Bronze star is awarded to members of the military for acts of bravery or merit, one Stafford Virginia man has been waiting nearly 40yrs to receive his award for his service in Vietnam

NBC4 MAR 12 5PM Dozens of tenants in the district were forced out of their mount Pleasant apartment due to a 5-alarm fire through their building. But tonight there is reason to for optimism

NBC4 MAR 12 5PM We are talking Love again this week with Ellen McCarthy of the Washington post. Lets start with our wedding this week

NBC4 MAR 12 5PM A special group of students at Edison high school participate in caring for more than a dozen rescue animals, every Saturday morning.

NBC4 MAR 15 5PM A Rockville jeweler got the surprise of a lifetime when his dog swallowed a 20 – thousand dollar diamond. Now the lab and the jeweler are getting national attention.

NBC4 MAR 17 5PM Today, President Obama celebrated saint Patrick's day by hosting Ireland's prime minister, Brian Cowen

NBC4 MAR 17 5PM As the National Marathon approaches, runners are going through their final preparations. A local running club is helping first time marathoners get on their feet

NBC4 MAR 17 5PM This week's Wednesday Child may not be able to speak but she proves everyday that she has feelings. It would be wonderful if a permanent family came forward to share their feelings and love with her

NBC4 MAR 18 5PM Two children in California are being hailed as heroes. They called 9-1-1 when their mother unexpectedly went labor in the family's bathroom last week

NBC4 MAR 18 5PM An emotional reunion at the D-C armory today as the Districts National Guard returned home from Iraq

NBC4 MAR 19 5PM Our couple this week on love notes, was together 11 years before they got hitched and not all of that time was happy for them

NBC4 MAR 22 5PM Two whales wash ashore within seven days of each other on near beaches. Officials say it's not at all that unusual but one local man who came upon one the beached whales was stunned.

NBC4 MAR 24 5PM Tonight, we're going to re-introduce you to a couple of brothers who you first met as Wednesday's Kids back in 2005. The boys have been lucky so far to remain together through their time in foster care, but still hope to find a permanent loving home together.

NBC4 MAR 25 5PM A new study shows that seventy-seven million Americans are flocking to public libraries, not to check out books but to use the computer. The study reenforces what Public Libraries have been saying for years as they compete for more public funding.

NBC4 MAR 25 5PM Magic Johnson is in town to help cultivate the next generation of successful minority business owners

NBC4 MAR 26 5PM Our wedding this week features one of the first gay couples to marry in D-C. This couple actually met 11 years ago on America On Line.

NBC4 MAR 26 5PM A Fairfax county police officer and his 4-legged partner. They found a Lorton-area woman who had been missing for two days and was near death.

NBC4 MAR 29 5PM Pope Benedict the 16th celebrated a mass in the late Pope's honor at St. Peter's Basilica. Yesterday the current Pope angered some critics during a Palm Sunday sermon.

NBC4 MAR 30 5PM The Pastor of Bay Area Fellowship will be giving away 15cars, dozens of bicycles, flat screen televisions, furniture, and more items totaling 4-million dollars, in an effort to attract people who normally don't attend church

NBC4 MAR 31 5PM It's now the final hours of the wildly popular Terra Cotta Warriors exhibit at the National Geographic Museum. Since November thousands have made their way through the now sold out event

POLITICS

WRC-TV COVERS THE ACTIVITIES OF FEDERAL, STATE AND LOCAL GOVERNMENTS, AND OTHER REGIONAL ORGANIZATIONS IN A NUMBER OF ITS PROGRAMS, SOME OF WHICH ARE DESCRIBED BELOW.

NBC4 JAN 7 5PM Just a few minutes ago, President Obama talked about the attempted terror attack on the Christmas day in Detroit

NBC4 JAN 8 5PM Prince George's Hospital Center will be a key player in scale emergency management

NBC4 JAN 18 5PM President Obama and the first lady visited the American Red Cross headquarters here in Washington today

NBC4 JAN 18 5PM While the nation pauses today to remember the life and legacy of dr. martin Luther king junior, its also time to reflect on civil rights leader's most famous speech

NBC4 JAN 19 5PM some of the kids in Haiti who were finally brought home to their new families had been in the midst of adoption processes for years with their adoptions being slowed down by fragmented government policy and political unrest. Now the same system that was slow in placing them is now even more broken.

NBC4 JAN 20 5PM Massachusetts has a new senator tonight, and republican senatorelect Scott Brown is calling himself, this year's candidate for change

NBC4 JAN 20 5PM More than 200 pounds of petitions asking for the voting rights for dc residents are on their way to the white house right now

NBC4 JAN 20 5PM A year later, with healthcare unresolved, two wars, and GOP on the upswing, souvenirs are still selling but what are people thinking

NBC4 JAN 25 President Obama is out with a new economic plan. It's an effort to help middle class families and help the Democratic Party regain some lost support

NBC4 JAN 25 A group in Prince Georges County says, "enough is enough" when it comes to the sale of drug paraphernalia

NBC4 JAN 25 President Barack Obama will deliver his state of the union address to the nation tomorrow night and the economy will be at the top of the agenda

NBC4 JAN 27 Tonight, Bob McDonnell will deliver the republican response to the president's state of the union address. His victory in November put the GOP back on the winning track.

NBC4 JAN 27 5PM Eleanor Norton says the Congressional Black Caucus is determined not only to re-build Port-au-Prince but also to help rebuild Haiti

NBC4 JAN 28 President Obama is following up last night's State of the Union address by handing out money to create jobs. Today the state of Florida received a hefty stimulus grant.

NBC4 JAN 28 Cathcart and her husband, Eric, are self employed, but the Silver Spring family can only afford minimal health insurance so if someone gets sick, going to the doctor is often times out of the questions

NBC4 JAN 29 When Walter Reed Army Medical Center closes next year, the district will be presented with a new opportunity

NBC4 JAN 29 President Barack Obama ventured into Republican territory today, and proposed a new jobs program

NBC4 FEB 1 5PM Today President Barack Obama sent his budget proposal to Congress. The budget covers 3-point-8 trillion dollars in spending

NBC4 FEB 1 D-C mayor Adrian Fenty says he wants to take a closer look the research that suggest his approval rating is plummeting

NBC4 FEB 2 Republican Senator John McCain appeared to become frustrated today with Defense secretary Robert Gates

NBC4 FEB 2 President Obama was in New Hampshire today to talk more ways to create jobs

NBC4 FEB 2 We are waiting to hear whether formal charges will be filed against the group of Americans who are accused of child trafficking in Haiti

NBC4 FEB 3 Attorney General Eric Holder says he is the one who decided to charge the suspect in the Christmas day attempted bombing in civilian court

NBC4 FEB 3 First Lady Michelle Obama is opening up about life in the White House. She talked about how the first daughters, Malia and Sasha have adjusted to Washington

NBC4 FEB 4 5PM 4 sailors who served with bravery and distinction are being honored with a series of new postage stamps

NBC4 FEB 4 5PM The Fairfax County School board will vote tonight on the proposed budget for the next year

NBC4 FEB 4 5PM Ten American missionaries held in Haiti are being charged with conspiracy and attempted kidnapping

NBC4 FEB 11 5PM Former President Bill Clinton has been hospitalized in New York.

NBC4 FEB 12 5PM Former President Bill Clinton is now recuperating at his place in New York, one day after a heart procedure

NBC4 FEB 15 5PM A prominent democrat in congress is calling it quits, Indiana senator Evan Bayh announced he will not seek a third term.

NBC4 FEB 16 5PM Special council Robert Bennett detailed findings from a 7 month investigation stemming from Marion Barry's bizarre July 4th encounter lat year with Donna Watts-Brightaupt, a woman who accused Barry of stalking her in Anacostia.

NBC4 FEB 17 5PM In the District today, Council Jim Graham talked about how the city is handling the mounds and mounds of snow clogging the road ways and sidewalks.

NBC4 FEB 23 5PM DC Council member Marion Barry apologized for a contract controversy. He's accused of awarding city contracts to girlfriend and other close associates

NBC4 FEB 25 5PM President Obama and leading lawmakers are working on resolving the nation's health care system in a White House summit

NBC4 MAR 1 5PM Chairman Gray left things very murky as to whether the council would censure Councilmember Barry tomorrow. One thing is clear: the item is not on Tuesday city council agenda

NBC4 MAR 2 5PM With the postal service drowning in debt, the post master general renewed his campaign today to drop Saturday delivery among other cost cutting moves.

NBC4 MAR 2 5PM Maryland Lawmakers are considering raising the tax on alcoholic beverages for the first time since 1972. Today there was a rally in Annapolis for the "Dime a Drink" proposal.

NBC4 MAR 3 5PM President Obama says the time for debate is over, today, he rejected republican calls to start over on health care reform

NBC4 MAR 4 5PM President Obama invited lawmakers to the executive Mansion to press his case for Health care reform.

NBC4 MAR 5 5PM Michelle Obama says she is donating the famous gown she wore at the inaugural ball, to First Lady's collection at the National Museum of America History.

NBC4 MAR 5 5PM Sarah Palin was able to fulfill one of her life dreams last night, when Leno invited her to do a little standup comedy

NBC4 MAR 8 5PM President Obama took the gloves off today in his push for healthcare reform, he accused insurance companies of putting profits before people

NBC4 MAR 9 5PM It's been a historic day for gays and lesbian couples in the city with wedding ceremonies taking place throughout the day

NBC4 MAR 9 5PM Former Vermont Governor Howard Dean joined a health care reform protest this morning in DuPont circle.

NBC4 MAR 11 5PM Maryland Lawmakers are considering bills that would crack down on reckless drivers who kill people. Triple A mid-Atlantic says there is a loophole in the law that gives reckless drivers nothing more than a traffic citation

NBC4 MAR 12 5PM President Barack Obama is postponing a trip to Asia in hopes of reaching a deal on health care reform.

NBC4 MAR 15 5PM In Montgomery county Executive Isaiah Leggett today unveiled his recommended 4-point 3 billon dollar operating budget, where there will be significant reductions in services and staffing.

NBC4 MAR 15 5PM President Obama hit the road again today to drum up last minute support for health care reform. He hopes the House will pass the reform bill this week before he leaves for trip to Asia.

NBC4 MAR 16 5PM Whether it comes in the form of a vote or a procedure to bypass a vote, a final decision on health care reform may come by the end of this week.

NBC4 MAR 17 5PM The 2010 Census is arriving at homes around the metro area. The Census Bureau wants everyone to fill it out and send it back by April first.

NBC4 MAR 18 5PM President Obama signed a jobs bill into law today but more needs to be done to spur hiring

NBC4 MAR 19 5PM The pressure is mounting as the clock ticks toward a house vote on health care reform. President Obama was pushing for approval at the patriot center at George Mason University

NBC4 MAR 19 5PM After a year of debate, House lawmakers are scheduled to vote Sunday on a historic health care bill that could give coverage to 32 million uninsured Americans

NBC4 MAR 19 5PM Britain's Prince Harry says he wants to help wounded soldiers rebuild their lives. The 25-year-old prince launched a four-week trek campaign in London today

NBC4 MAR 22 5PM Now that the house passed the senate's bill and a package of difference, the next step is for members of the senate to sign off on the changes

NBC4 MAR 22 5PM Once it becomes law, the legislation will require other changes in the coming years.

NBC4 MAR 23 5PM Many small businesses are now looking at the impact of the sweeping health care reform legislation. And one of the largest segments of these mom and pop businesses is restaurants.

NBC4 MAR 24 5PM The family of a SeaWorld, trainer killed by a whale, says video of the incident will cause severe harm to them if it is released.

NBC4 MAR 25 5PM Vice President Joe Biden is laughing off the profanity that was captured on microphones during the health care reform signing ceremony Tuesday. He says Mister Obama told him the remark was the best part of the event.

NBC4 MAR 25 5PM The Pentagon announced immediate changes in the implementation of the so-called "Don't Ask Don't Tell" law. The new rules have stricter standards

NBC4 MAR 26 5PM Lawmaker passed the final version of the health care reform last night. It includes some changes like better prescription drug benefits for seniors and more funds for low-income families

NBC4 MAR 30 5PM DC Council Chairman Gray has clashed with mayor Fenty many times over the past 3 years, now they'll clash at the ballot box. Chairman Gray filed formal campaign papers to run against incumbent Mayor Fenty

NBC4 MAR 30 5PM Today, President Obama signed the bill that contains the final changes to the health care reform. Republicans are now vowing to get the law repealed and hope to use the issue to regain control of congress in the fall

NBC4 MAR 31 5PM One day after Councilman Vincent Gray announced he'll try to unseat incumbent mayor Adrian Fenty, several council members are eyeing Gray's job as chairman

EDUCATION

WRC-TV regularly broadcasts news and other segments about and pertaining to educational issues. Some examples are listed below.

NBC4 JAN. 22 5PM D.C. Schools chancellor Michelle Rhee is stirring up another controversy about the firing of 229 teachers last October as a part of budget cutting move

NBC4 JAN. 22 5PM A D.C. born educator has created a unique nation-wide program designed to promote literacy through hip-hop lyrics. Today, Students at Ballou Senior High School got a lesson

NBC4 JAN. 25 5PM D.C. Council chairman Vincent Gray says he wants an immediate explanation of chancellor Rhee's controversial remarks that teachers physically or sexually abused students.

NBC4 JAN. 26 5PM Rhee set off a firestorm last week when she was quoted in a new magazine article defending her firing of 266 teachers last October

NBC4 FEB 17 5PM Near Upper Marlboro, the signs proclaimed Prince George's Schools were open but it was hardly business as usual, as everyone is adjusting to the snowed sidewalks and icy hills

NBC4 MAR 4 5PM The school system has determined that at least 8 students were responsible for changing the grades of 54 Winston Churchill High School students, some of whom may not know their marks were being altered

NBC4 MAR 4 5PM At campuses across the country, college students in 32 schools took part in protests over the rising cost of tuition

NBC4 MAR 9 5PM T-C Williams High School has qualified for up to half a million dollars in grant money but in order to get the funding, the school has gotten a label few would want

NBC4 MAR 10 5PM Montgomery County School Superintendent Dr. Jerry Weast has notified teachers that substantial cuts are being put in place, he hopes these reductions will avoid layoffs and lost jobs

NBC4 MAR 15 5PM Parents of students and some fired teachers complained to the d.c council that chancellor Michelle Rhee has still not justified the firings

NBC4 MAR 17 5PM One of Arlington school system's most enduring and unique classrooms may fall victim to budget cuts. The David M. Brown Planetarium on the campus of the Washington Lee High School is slated to close

NBC4 MAR 22 5PM Last week, dozens of fired teachers and upset parents went before the D-C council to criticize Chancellor Michelle Rhee's policies. Today, Rhee went before the council to strongly respond and defend her reform efforts

NBC4 MAR 30 5PM The reforms can not come fast enough for some local students who are struggling to afford their educations.

VIOLENCE/CRIME

WRC-TV REGULARLY COVERS ISSUES RELATED TO CRIME, CRIME PREVENTION, AND ANTI-VIOLENCE ACTIVITIES.

NBC4 JAN 6 5PM The man arrested and charged in the shootings at the u.s. Holocaust Museum, is dead

NBC4 JAN 7 5PM Authorities say Collin Mckensize Gude assembled at least pipe bombs and other devices preparing to build an explosive to stop a presidential motorcade to camp David and take a shot at the president

NBC4 JAN 8 5PM A paramedic who's handling of New York times reporter rosenbaum led to an overhaul of the district's E-M-S department is going back to work

NBC4 JAN 11 5PM The A-P reports that doctors overseeing major Nidal Hasan's medical training repeatedly voiced concerns over his strident views on Islam

NBC4 JAN 11 5PM Family members fear the missing teens may victims of gang activity in Leesburg Virginia

NBC4 JAN 14 5PM This afternoon, wizards star Gilbert Arenas was charged with Felony, facing up to five years in prison

NBC4 JAN 20 5PM Five times last week, women who were running in the usually peaceful Arlington County trail, were startled to see a man standing along the edge of the woods, exposing himself

NBC4 JAN 19 5PM The defense lawyers for Collin McKenzie Gude argued for leniency but the judge ruled against that and imposed a 61months sentence

NBC4 JAN 18 5PM Police Captain Travis Moster has been charged with grand larceny for stealing a vehicle and petty larceny for taking a women's purse

NBC4 JAN 18 5PM the suspect in the Christmas day terror attacked was brought to court today under heavy security, once inside we was arraigned on 6 counts

NBC4 JAN 25 5PM The brother of Olympic medalist Nancy Kerrigan is charged with assaulting their 70-year old father, who died during an argument

NBC4 JAN 25 5PM Police arrested Kyun Hong of Severna park, Maryland and charged him with transporting contradband cigarettes and possession of illegal tobacco products. Police say this arrest may lead to other cigarette smugglers

NBC4 JAN 27 5PM British singer Susan Boyle was entering her house in Blackburn late Tuesday when the unexpected guest ran past her.

NBC4 JAN 27 5PM The Warren County Sheriff's office is investigating the poisoning of two retired sheriff canines and an active duty canine

NBC4 JAN 27 5PM Virginia State police confirm that the remains found in a remote farm field belong to missing Virginia Tech student

NBC4 JAN 28 5PM An eleven-year-old boy from Spotsylvania County is in juvenile lock up this afternoon after police say he shot his neighbor's dog for barking too much

NBC4 JAN 29 5PM Final some closure in an illegal street racing case that killed 8 people in Prince Georges County

NBC4 JAN 29 5PM Today, Police arrested a suspect, who they say, set a fire in the condo of a police officer that arrested him

NBC4 FEB 22 5PM 15yr old Joel Watkins was found lying in the street dead after a gun shot wound. Police say, it was the first juvenile murder this year

NBC4 FEB 22 5PM A former Denver airport shuttle driver has pleaded guilty to plotting a potentially devastating bomb attack on the New York city subway

NBC4 FEB 22 5PM A jury has convicted a Maryland woman of first-degree murder in the horrific deaths of two of her adopted daughters

NBC4 FEB 23 5PM Former NBA player Jayson William is headed to prison for up to 5years for his role in a deadly shooting 8 years ago

NBC4 FEB 23 5PM Someone stabbed a teenage girl in Fairfax county, Virginia today. The victim was slashed in the face. This case may have a connection to the Internet

NBC4 FEB 24 5PM A Woodbridge woman has been charged in a bizarre hit and run accident. Police say she dragged a man for nearly two miles before calling the police

NBC4 FEB 25 5PM The man who viciously raped a University of Maryland college student will spend the next 15 years behind bars

NBC4 FEB 25 5PM Changes are being made at Sea world Marine Park after a killer whale caused the death of a trainer in Orlando

NBC4 FEB 25 5PMA deliveryman was shot while just trying to do his job in District Heights today

NBC4 MAR 1 5PM Tayvon Taylor is on trial right now. He's facing 8 counts f vehicular manslaughter after his involvement in a street race that left 8 people dead

NBC4 MAR 1 5PM A marine from fort Meyer who is suspected of attacking two women in northern Virginia was in court today

NBC4 MAR 1 5PM A young girl found two bodies in a home that operates a day care center. The police are investigating the case as a possible murder- suicide

NBC4 MAR 2 5PM Its sentencing day for Darren Bullock who was behind the wheel of a car that involved that deadly street racing crash in Accokeek

NBC4 MAR 4 5PM The investigation into a dc police officer pulling out a gun during a snowball fight is now finished. The office didn't like people throwing snowballs at his car.

NBC4 MAR 4 5PM Insurgents in Iraq are carrying thru on a threat to disrupt Sunday's election, today. Three bombs were aired at people trying to cast their votes early

NBC4 MAR 5 5PM Pentagon police say 36 year old John Patrick Bedell, the accused shooter, made the cross county trip from Hollister, California to Arlington Va.

NBC4 MAR 5 5PM John Gardner, a registered sex offender, has been charged with 17-year old Chelsea King's murder. He is under investigation in at least two other cases involving young girls

NBC4 MAR 8 5PM A 28 year old man has been charged with trespassing for breaking into the elephant enclosure at the national Zoo

NBC4 MAR 9 5PM A former John Edwards aide may face jail time over an alleged sex tape of the former presidential candidate.

NBC4 MAR 10 5PM The D-C council has questions tonight about the level of care provided by D-C's emergency responders after they opt to give 2yr Stephanie Stevens a shower instead of taking her to the hospital. The 2yr old Stevens died.

NBC4 MAR 10 5PM A Fairfax County piano teacher is out on bonds tonight after being charged with possession of child pornography

NBC4 MAR 11 5PM Members of the D-C Police Department's Special Victims Unit are now a part of the investigation into the death of 2-year-old Stephanie Stephens. She died last month after paramedics were called to her home but allegedly refused to take her to the hospital.

NBC4 MAR 11 5PM The search for an escaped D-C prisoner is now in its 8th hour. Police say 28-year-old Terrence Moore was able to run away while being taken to a hospital for treatment

NBC4 MAR 11 5PM A 7-year-old California boy was hailed a hero for calling 9-1-1 when armed men invaded his room. The young man got to meet the dispatcher who took that heart wrenching call

NBC4 MAR 12 5PM Early yesterday morning, a teacher noticed a group of students leaving Kennedy High School in silver spring. By mid-morning police pounced finding a hundred kids and plenty of alcohol

NBC4 MAR 12 5PM D-C Police along with Federal authorities are making a big crackdown in P-C-P in the city with a number of raids over the past couple of days

NBC4 MAR 16 5PM Police arrested a man for using a laser light to shine it at a Fairfax County Police helicopter. The man is now facing a felony charge.

NBC4 MAR 17 5PM Five local men are now facing terror charges in Pakistan, accused of planning attacks against the government. This morning they plead not guilty to all the charges against them

NBC4 MAR 18 5PM Today, disciplinary action was announced against several employees at a prince George's County juvenile detention center. It comes after a teacher was killed at the facility last month.

NBC4 MAR 18 5PM Paul Powell, a Virginia man, killed one teen, raped another, then bragged about it in a taunting letter to prosecutors. Julie Carey speaks to one of the victim's mother.

NBC4 MAR 18 5PM The terror suspect known, as "jihad Jane" pleaded not guilty in court today. She is accused of conspiring with jihadist fighters

NBC4 MAR 18 5PM Two armed gunmen emptied the safe at a Wendy's restaurant in Woodbridge VA.

NBC4 MAR 18 5PM A 60 year old Virginia man is in the hospital recovering from an attack by his monkey after accidentally stepping on the monkey's tail

NBC4 MAR 22 5PM Earlier today, closing arguments began in the case of a father killed over a parking spot in south East Washington, back in July 2008

NBC4 MAR 23 5PM Our story tonight involves a doctor with ties to the Washington nationals and the Washington capitals and his arrest on steroid distribution charges.

NBC4 MAR 26 5PM The suspended Washington Wizards star Gilbert Arenas will not have to serve jail time.18 months of his sentence was suspended. He will have to spend 30days in a half way house.

NBC4 MAR 26 5PM The Vatican is reacting to reports that Pope Benedict didn't take action against a priest accused of abusing as many as 200 boys in Wisconsin.

NBC4 MAR 26 5PM Three teenagers are hurt after being involved in a serious car accident. The car the teens were in ran off the road and hit a tree.

NBC4 MAR 26 5PM A frightening late morning for some shoppers and motorist at a northern Virginia strip mall today, after a woman drove her car through a store front.

NBC4 MAR 29 5PM Two prince George's county paramedics are being investigated tonight for declaring a man dead in Glen Arden, who was really still alive. The man later died over the weekend

NBC4 MAR 29 5PM A Philadelphia man is under arrest and charged with threatening to kill a Virginia Congressman

NBC4 MAR 30 5PM The ninth and final member of a suspected Christian militant group has been arraigned in court after turning himself in to police.

NBC4 MAR 30 5PM Robbers in Paris pulled off a daring bank job. The robbers tied up a bank security guard then drilled thru a basement wall that is 32in thick

NBC4 MAR 30 5PM A former Georgia Chorus teacher was in court today, after being arrested for allowing students to perform a risqué dance his classroom.

NBC4 MAR 31 5PM The shooting happened around 7:30 last night in the 4000 block of South Capitol Street, in southeast DC. Investigators are looking into whether or not this incident is connected to the murder of Jordan Howe.

NBC4 MAR 31 5PM Last nights shooting in DC is the deadliest in years, it brings the homicide count so far this year to 24. That number is down from last year when 31 people had been murdered in the first three months

ENVIRONMENT

WRC-TV regularly broadcasts news and other segments on regional environmental issues. Some examples are listed below.

NBC4 JAN. 6 5PM This bone-chilling cold is blanketing as much as 2-3rds of the U.S., from the Rockies all the way south to Florida

NBC4 JAN. 7 5PM With the continuing cold weather affecting our area, it may be a good time to protect your car against the elements and keep it running smooth

NBC4 JAN 8 5PM the chopper photographer has been getting good video coverage of the snow in Montgomery county

NBC4 JAN. 12 5PM The powerful Potomac rushes over rocks, creating giant rapids, outlining the river in ice, glistening glacier like in the sun, transporting visitors, at Great falls park

NBC4 JAN. 13 5PM In Haiti, thousands of people are feared dead but there is no concrete information yet on the death toll

NBC4 JAN. 13 5PM 24 hours later, untold numbers of people are still trapped inside the rubble in Haiti

NBC4 JAN. 14 5PM People are joining the real time conversation on twitter.....where "help Haiti" is the top trending topic again

NBC4 JAN. 14 5PM Many of the injured quake victims will soon receive care from U.S. Naval Ship -- Comfort

NBC4 JAN. 14 5PM It is still not clear exactly how many people may have been killed by the earthquake or its aftermath; A massive relief effort is underway

NBC4 JAN 15 5PM Rescuers are trying to keep survivors from becoming entombed in the mountains of wreckage that seem to litter every corner of port-prince.

NBC4 JAN 15 5PM DC's National Guard jumped into gear to help people dig out from the storm and the guard will remain on standby for the next threat.

NBC4 JAN 18 5PM The Fairfax county search and rescue team has two teams in Haiti. today they did not find any survivors but they pulled 15 of the rubble since their arrival.

NBC4 JAN 18 5PM Heartbreaking images of Haitians injured in the devastating quake being rushed to makeshift hospitals with life threatening wounds

NBC4 JAN 19.5PM More U-S troops arrived in Haiti today, adding up to about 12-thousand there helping in the relief effort.

NBC4 JAN 20 5PM Customers at grocery stores are being asked to make a donation to Haitian Relief. And the response has been overwhelming.

NBC4 JAN 20 5PM More aid from the U-S is now off the coast of Haiti—the U-S-N-S Comfort

NBC4 JAN 21 5PM Smithsonian scientist Cari Corrigan is explaining the age Lorton meteorite, the fist-size rock that fell Monday evening on a doctors office along Richmond highway

NBC4 JAN 22 5PM The latest out of Haiti, where survivors and rescuers defying the odds

NBC4 JAN. 25 5PM Aid organizations say it could take weeks to find suitable locations to put tent to hold all of the earthquake refugees

NBC4 JAN 26 5PM There are lots of people stopping by the national zoo, to say goodbye to Washington's favorite panda

NBC4 JAN. 28 5PM Ramcess Jean-Louis, a Haiti-American local resident, has many relatives still living in Haiti, so when the earthquake struck he instantly looked for ways to help

NBC4 JAN 28 5PM Fairfax County authorities say members of the county's urban search and rescue team are from Haiti

NBC4 FEB. 1 5PM A team of doctors from George Washington university has returned from Haiti

NBC4 FEB. 3 5PM With the threat of another snow emergency, places like George Washington university hospital are looking at their staffing levels

NBC4 FEB. 3 5PM If the predictions hold true, Fridays storm will be the third in a week dropping snow on winter weary Washington. and now everyone has to respond to bad weather's next round

NBC4 FEB. 4 5PM The biggest employer in the Washington region -- the federal government -- is gearing up for our expected snowstorm tomorrow. Federal employees today were told they could take "unscheduled leave" on Friday.

NBC4 FEB. 4 5PM Parents aren't the only ones scrambling to adjust their weekend schedules to include another snow day

NBC4 FEB. 8 5PM In Montgomery county, the snow and ice packed roads are only one aspect of the many challenges facing residents after this weekend's blizzard

NBC4 FEB. 9 5PM People are still digging out. Many drivers are still blocked in by a wall of snow on the side streets

NBC4 FEB. 16 5PM This Sunday you can learn about how at the Mid-Atlantic Green wedding showcase at college park Maryland

NBC4 FEB 25 5PM Tiger woods infidelity is now the focus of a new PETA ad.

NBC4 FEB 26 5PM A powerful storm blanketed New York. It turned central park into a inter wonderland and people all over New England are getting hit hard

NBC4 MAR 1 5PM The Ambassador of Chile held a press conference at the embassy in North West Washington. He commented on the powerful earthquake, saying it affected over 50 percent of Chile's population

NBC4 MAR 1 5PM The Fairfax County Urban Search and Rescue team is now on standby, members may be sent to Chile to search for survivors of the terrible earthquake there.

NBC4 MAR 2 5PM As aftershocks continue to rattle Chile, almost 800 people are now confirmed dead from the massive quake

NBC4 MAR 5 5PM An international team of 41 scientist disclosed yesterday that the dinosaurs were wiped out by a giant asteroid

NBC4 MAR 9 5PM Tonight going green goes into the trash can to retrieve all the plastic bottles we keep throwing away

NBC4 MAR 15 5PM Chopper 4 was over great falls today, where the river has overflowed its banks. Most of the water swelling the rivers is coming from several inches of snow melting in the mountains. Business owners at the Georgetown waterfront are waiting to see what happens at high tide

NBC4 MAR 16 5PM As the sun came out today, the flood waters began recede in many communities, but for some the damage was already done.

NBC4 MAR 18 5PM A beautiful weekend in Washington is excepted to snarl traffic even more than usual as people are drawn to a series of public events and demonstrations that are spilling onto city streets

NBC4 MAR 23 5PM The sandy walls along Calvert Cliffs are eroding but homeowners are being blocked in their efforts to reinforce the walls by government regulations protecting a rare beetle that lives there

NBC4 MAR 24 5PM In Fairfax County, officials are still dealing with aftermath of this winter's storms. Cleaning up all that snow has taken a damaging toll on the county.

NBC4 MAR 25 5PM Robert Harrison spent 750 dollars because he wanted to get some aerials of his house. But his makeshift weather balloon went higher than expected.

NBC4 MAR 25 5PM There's an unusual warning for dog owners in NOVA. There's a beaver on the loose in Alexander that actually attacked a dog, according to one pet owner.

CONSUMER

WRC-TV airs daily segments on issues of interest to consumers, including safety, cost saving, government regulations, and new products.

NBC4 JAN 18 5PM Some credit experts say depending on your credit history, it can be beneficial to use 10 to 20 percent of your credit availability and pay it off regularly over a period of time, to build credit history and raise credit scores

NBC4 JAN 19 5PM We warned you last week about Haiti donation scams popping up and they are here, from bogus blackberry messages to fraudulent emails claiming to be from the red cross.

NBC4 JAN 19 5PM There's a warning tonight about sale of a fake version of the weight-loss drug, Alli. The fake version is missing the active ingredient and instead contains a prescription drug that could potentially interact with other medications

NBC4 JAN 19 5PM Beginning today, students at George Washington University Law School have re-opened a medication clinic to help resolve consumer and business disputes

NBC4 JAN 21 5PM Dominos created a new AD and a new pizza recipe to combat the less than flattering reputation of its old pizza, but can it win a blind taste test.

NBC4 JAN 26 5PM We begin with an immediate tax relief. It's meant for those of you opening your hearts and wallets t help people in Haiti following this month's devastating earthquake.

NBC4 JAN 26 5PM Now unto those rebates for Energy Star Appliances. The appliance rebate is trying to encourage Americans to get rid of their inefficient appliances and buy new energy saving ones.

NBC4 JAN 26 5PM Air New Zealand announced today, it will soon offer the "skycouch" – a row of three seats that will extend to a flat surface so you can lie down while traveling in coach.

NBC4 JAN 27 5PM Toyota is suspending sales of eight of its most popular models because of a problem with gas pedals sticking. The best selling car in America, the Toyota Camry, is involved.

NBC4 FEB 2 5PM As Toyota works to gain back consumer confidence analyst say it may come too late, Analysts estimate the recalls are likely to cost about 900 million dollars

NBC4 FEB 2 5PM Citigroup says it will not charge fees on certain kinds of checking accounts as part of a settlement reached with the new Attorney General, Andrew Cuomo

NBC4 FEB 3 5PM Federal safety officials have widened their investigation to see if the same problem affecting Toyota's gas pedals, could exist for other automakers.

NBC4 FEB 3 5PM Today, at least one dealership in the metro are started receiving the new part to fix the problem pedals

NBC4 FEB 3 5PM Dealers say Toyota owners driving a recalled vehicle should call a Toyota service center ahead of time to make sure it has enough parts in to accommodate its customers

NBC4 FEB 3 5PM And Toyota's troubles appear to be mounting tonight. It is now investigating potential brake problems with the new model, the Prius Hybrid

NBC4 FEB 4 5PM Elva Richey is one of a handful of customers who got her recalled Toyota fixed today. So is Robert Melvin of Germantown.

NBC4 FEB 4 5PM A newspaper in Japan is reporting that the car company plans another recall, this time, of Toyota's marquis product, the Prius.

NBC4 FEB 9 5PM If ice pulls gutters from your house, damages your roof, or hits a covered structure outside your house, you are covered by property insurance.

NBC4 FEB 11 5PM The National Roofing Contractors Association suggests as a rule of thumb, if you have to climb to reach snow or ice, its best to just leave it.

NBC4 FEB 11 5PM One important piece of advice tonight, make sure you have cleared your heat pumps of ice and snow. If you don't, the work properly and they can be damaged.

NBC4 FEB 16 5PM Right now, many gutters are experiencing ice dams. That's when water backs up behind the ice and seeps up under the shingles until it finds a way through the roof to the attic.

NBC4 FEB 16 5 PM To prevent your basement from flooding as the snow starting melting from around your home, clear the snow from around downspouts and opening around the foundation of your home.

NBC4 FEB 16 5PM the National Roofing Contractors Association recommends leaving large icicles where they are. Tugging on them could do more damage than good.

NBC4 FEB 18 5PM One of the dirtiest places in your kitchen, the sponge, it's full of bacteria. Cooks say the best way to disinfect it is by boiling it for five minutes.

NBC4 FEB 23 5PM Consumer Reports is out with its annual pick of top vehicles for 2010. Despite going through a braking recall, Toyota remains on list.

NBC4 FEB 23 5PM The big news out of the hearing today Toyotas admission that the massive recalls may "not totally" solve the problems with unintended acceleration in some of its most popular cars and truck

NBC4 FEB 25 5PM Many homeowners worried about water damage want answers right away, well that might cost you more and could create further damage

NBC4 FEB 25 5PM Toyota President Akio Toyoda met with the top transportation official in Washington today, He says his company plans to take safety to the next level

NBC4 FEB 25 5PM With damage to many houses in the area, homeowners are having to file lots of insurance claims.

NBC4 FEB 26 5PM The wind isn't just wreaking havoc on homeowner' properties, it also has people worrying about their cars. If a tree topples onto a car, you have to have comprehensive insurance that you would need

NBC4 MAR 8 5PM Toyota is disputing claims that electronics are to blame for problems with its vehicles speeding up unexpectedly

NBC4 MAR 8 5PM Is the price of preparing dinner upsetting your stomach? Here are some ways to feed your family for under 10 bucks a night

NBC4 MAR 9 5PM During National Consumer Protection Week, Federal, State and Local government are encouraging consumers to take advantage of their rights

NBC4 MAR 15 5PM New credit cards rules will save consumers money in lower interest rates and reduced fees but the rules aren't stopping banks from charging new fees.

NBC4 MAR 16 5PM Honda is recalling hundreds of thousands of vehicles, here are some of the smartest ways to spend your tax refund

NBC4 MAR 18 5PM A new Jersey Wal-Mart is reviewing security tape after someone made a racist comment over the store's P-A system, asking all black people to leave the store

NBC4 MAR 18 5PM A ride on The Wave offers an exercise option for those who have no time for the gym. The Wave by the firm claims to sculpt and tone your entire body

NBC4 MAR 18 5PM Hackers have flooded the internet with virus-tainted spam specially targeting facebook user. This virus can steal your bank passwords.

NBC4 MAR 22 5PM Appliance clunker rebates will put money in your pocket but not instantly. The program is much more complicated than the car-clunker program

NBC4 MAR 25 5PM Citigroup is the latest lender to commit to President Obama's 75 Billion dollar loan modification program

NBC4 MAR 26 5PM A new study says it's more expensive to rent in DC than most other cities in the country. The district has the 6th highest rents in the nation

HEALTH

WRC-TV covers issues related to health care, maintaining and improving health, and health- related breakthroughs.

NBC4 JAN 11 5PM Some grocery stores have started labeling foods using the ONQI system. It's not being used locally yet, but you can look up your favorite foods online on the ONQI web site.

NBC4 JAN 11 5PM In Fairfax county and across the metro area, health department officials hope they can keep the customers coming from vaccinations even though the outbreak of the swine flu appears to be waning, it could build to another peak

NBC4 JAN 12 5PM Blood pressure screenings, exercise classes, you can find a lot at the NBC4 health and fitness expo this weekend

NBC4 JAN 13 5PM The Red Cross is really in need of blood donations, especially type 0-negative blood

NBC4 JAN 14 5PM Ron Minor never expected his diabetes would cause him kidney failure, forcing him to get a transplant

NBC4 JAN 22 5PM An overwhelming scene greeted the young John Hopkins Children's center doctors.

NBC4 JAN 29 5PM A new study suggest there may be a more effective emergency contraception than the so-called morning after pill.

NBC4 FEB 1 5PM Grapefruit juice a healthy choice? maybe not, if you're on heart medicine.

NBC4 FEB 2 5PM The EPA is also hearing from construction companies, members of the coal, oil and gas industry, who say tougher clean air standards would be bad for business

NBC4 FEB 3 5PM Regina Holiday paints 3 murals along Connecticut Ave, sending an artistic message calling for change, in not just health insurance, but in health-Care.

NBC4 FEB 4 5PM Sheridan Powell says she didn't trip on anything. she hadn't had an accident. Her leg just broke. Snapping like a twig.

NBC4 FEB 11 5PM It's a combination of over-exertion, cold temperatures, slippery surfaces that make shoveling snow, dangerous.

NBC4 FEB 15 5PM Actor-comedian Jim Belushi is on the road raising awareness about a health condition known as "chronic obstructive pulmonary disease" or C-P-D

NBC4 FEB 25 5PM In a study of more than 20,000 men and women, British researchers found that those who drank more coffee regularly 29percent less likely to have a stroke than non-coffee drinkers

NBC4 FEB 25 5PM New research is finding the average age of a stroke patient has gone from 71 to 68 since the 1990s.

NBC4 FEB 25 5PM A study looking at more than 10, 000 Israeli men showed that martial status could be a factor for stroke prevention

NBC4 MAR 1 5PM Federal Health officials are warning, Bisphenol A or BPA could be found linked to major health problems. BPA is found in some food Packaging, Hard Plastics and all sorts of consumer items

NBC4 MAR 3 5PM NeuroQuant is FDA approved to diagnose Alzheimer's disease, but doctors say they might be able to use it to closely look at other brain problems in the future.

NBC4 MAR 8 5PM A lot of women cut out alcohol because they think it's fattening, new research suggests just the opposite may be true. Drinking Red wine might help women lose weight

NBC4 MAR 9 5PM A new study shows that more than 5 million Americans are living with Alzheimer's disease is growing and minorities are risk

NBC4 MAR 10 5PM Doctors say surviving multiple heart problems has become the norm rather than the exception

NBC4 MAR 17 5PM There is new concern at the pentagon about the use of prescription painkillers in the military. U-S-A Today reports that military doctors wrote nearly 4million prescriptions for pain relief for service members last year

NBC4 MAR 18 5PM Promising news for the democrat's health care reform bill again delaying the president's oversea travel. The congressional budget office says the bill will cut the federal deficit by 138 billion dollars in the next decade.

NBC4 MAR 19 5PM Infertility treatments can be stressful and costly. Now, some couples struggling to conceive are turning to a cookbook for answers

NBC4 MAR 19 5PM There's a new uproar over high fructose syrup, already linked to obesity, new research suggests it may also be linked to liver damage

NBC4 MAR 22 5PM Researcher with the University of California say a diet rich in walnuts may slow the growth of prostrate cancer

NBC4 MAR 29 5PM Government and community leaders attended a ribbon-cutting ceremony today to mark the opening of the Kaseman Health Clinic. The facility provides medical services to county residents who have little or no health insurance.

TRANSPORTATION

WRC-TV regularly broadcasts news and other segments on transportation issues, to include accidents. Some examples are listed below.

NBC4 JAN 6 5PM Meanwhile more of those controversial body scanners will be showing up in airports around the country. So far, Reagan and BWI airports have four.

NBC4 JAN 7 5PM Hundreds of thousands of people use mass transit in the Washington area every day but the bus and rail service is 40-million budget gap it must close by June 30th

NBC4 JAN 7 5PM Some motorists complain the left over piles of ice are creating potential hazards for drivers and with more snow in the forecast, it can only get worse.

NBC4 JAN 12 5PM Transportation Secretary Ray LaHood was with a group today that launch "focus driven" to teach people about the dangerous distraction

NBC4 JAN 15 5PM Metro General Manager John Catoe was back on the job Friday, one day after his dramatic and unexpected announcement that he would resign as of April 2

NBC4 JAN 19 5PM For the past six months, motorists who have had to go while driving through Virginia, have had to go a bit further to find a rest stop. In July, many of the state's rest areas were shut down due to budget cuts

NBC4 JAN 22 5PM Breaking news at dulles airport, a plane is making an emergency landing after the plane hit a bird

NBC4 JAN 28 5PM At today's meeting Metro's new board chairman Peter Benjamin responded to the ongoing safety concerns facing metro

NBC4 FEB 1 5PM Metro is planning three tactical drills to prepare for emergency situations. One involves a simulated bus explosion, another involves shooting in a subway station, and the third portrays a blast in a subway

NBC4 FEB 2 5PM Metro conducted a high profile, anti-terror drill today, swarming one of the Metrorail system's busiest stations

NBC4 FEB 8 5PM Its slow going for metro. Underground trains are running every 30 minutes and metro bus is operating on a limited schedule

NBC4 FEB11 5PM All of the area airports reopened today after the blizzards forced airlines to shut down

NBC4 FEB 11 5PM Homeowners all over the district are have different opinions to the city's response in clear the roads after this snow blizzard

NBC4 FEB 12 5PM A six-car train derailed a 10:13 this morning on the red line at the Farragut north station. There were 3 injuries and 345 passengers on board

NBC4 FEB 12 5PM Expanded metro service didn't do much to help ease congestion on the streets as federal employees and others who were snowed in this week, all returned to work

NBC4 FEB 15 5PM Major Fenty is asking residents to work with their neighbors to shovel sidewalks that are impassable because of snow

NBC4 FEB 17 5PM Akio Toyoda says he's going to let the car company's U.S. based executives handle questions about the recent recalls over gas pedal and brake hazards.

NBC4 FEB 17 5PM With snow still covering some traffic lanes, we're gearing up for a repeat of this morning's monstrous rush hour

NBC4 FEB 19 5PM Federal investigators will hold hearing next week on the last years deadly metro crash

NBC4 FEB 23 5PM Members of the national Transportation Safety Board gathered today for the first day of a three-day hearing to address the safety concerns after the June crash kill 9 people

NBC4 FEB 25 5PM testimony is underway for metro's top officials as transit investigators try to get to the bottom of last year's deadly crash on the redline

NBC4 FEB 25 5PM on the 2nd day of National Transportation Safety Board Hearing, questions were raised, today, about failures in Metro's automatic operating system

NBC4 FEB 25 5PM The cause of the Metro crash that killed 9 people last June has not yet been officially determined, but sign point to faulty track sensor which failed to identify the train stopped the train behind to avoid this collision

NBC4 FEB 26 5PM You'll want to bring some extra change if you plan on taking Metro bus or train this weekend. A fare hike is set to go in effect this Sunday

NBC4 MAR 2 5PM Toyota is recalling 1.3 million cars because of a power steering issue. The Problem models include the 2005 through 2010 Chevy Cobalt and the 2007 thru Pontiac G-5

NBC4 MAR 3 5PM Its been a year of traffic tangles and snarls around Tycoons Corner, where 100-thousand Fairfax County commuters have had to deal with the stress

NBC4 MAR 3 5PM FAA confirms that the child of a JFK control tower operation to allowed to direct pilots in flight take off.

NBC4 MAR 3 5PM General Manager John Catoe has about a month left before he vacates his post at Metro but Richard Saries of New Jersey is coming down the tracks to sit at the drivers seat.

NBC4 MAR 4 5PM A small Plane has crashed into a home not far from the Louisa airport in central Virginia.

NBC4 MAR 5 5PM The FAA and the National Transportation Safety Board are back at the scene of a plane crash that crashed into a home in central Virginia, leaving one man dead

NBC4 MAR 5 5PM D-C Government says it's trying to fix major pothole problem around the city

NBC4 MAR 9 5PM Despite a massive recall to fix accelerator problems more people are reporting that their Toyota vehicles are still taking-off uncontrollably. And it's sparking yet another major recall

NBC4 MAR 10 5PM Nearly 57 million Americans use them as a way to save the environment and get some exercise, but in major cities, one of the biggest complaints bikers have is just being able to get around town

NBC4 MAR 15 5PM This afternoon Toyota released its preliminary findings on an investigation of a runaway prius in California. Toyota says it found significant inconsistencies between its test and the man's story.

NBC4 MAR 16 5PM Everybody hates it when they get a parking ticket, and the district is famous for writing them. New statistics show that more and more people simply aren't paying those tickets.

NBC4 MAR 19 5PM Many events, construction and closures are also going make it tougher to get around this weekend.

NBC4 MAR 22 5PM Police in Suburban New York now say driver error caused a crash involving a Toyota Prius earlier this month

NBC4 MAR 24 5PM Metro and area firefighters unveiled a first of its kind vehicle to respond to emergencies today, they're portable battery-operated motorized carts called 'mervs'

NBC4 MAR 24 5PM Montgomery County residents are reacting to the approval of a major redevelopment planned for Rockville Pike

NBC4 MAR 26 5PM Officials are trying to figure out why a C-S-X freight train derailed this morning on its way to Philadelphia.

NBC4 MAR 29 5PM Metro stepped up security in response to the deadly attack on Moscow's subway system, it comes on a day that Metro was practicing terror drills

NBC4 MAR 31 5PM A woman saved from a fiery car wreck is still in serious condition, Loudoun county authorities tells news4 she was only a victim, and not one of the people who caused the 6-car crash last night